

Fetal Alcohol Syndrome Update

Fall 2003

Office of FAS, Department of Health & Social Services, State of Alaska

FAS Summit 2004: Sustaining Hope, Building Capacity—March 9-10

Planning continues for FAS Summit 2004. The Call for Presenters was very successful, with submissions from over 30 individuals from Alaska, Minnesota, Maryland, Washington, DC and Canada. Workshops will be selected in early November with registration brochures being mailed in mid-December. Dr. Kieran O'Malley from the University of Washington's Fetal Alcohol and Drug Unit is scheduled as this year's Keynote speaker. His presentation "Building Knowledge is Sustaining Hope" will provide an overview of current and future research and what it is telling us. Other national speakers include Suzie Kuerschner, educator and author of "Beyond the Gloom and Doom: Tools for Help and Hope with Native People Affected by FAS and Related Neurodevelopmental Disorders," and The Honorable Susan Carlson, Juvenile Court Judge from Minnesota who helped found the Minnesota Organization on Fetal Alcohol Syndrome and contributed to "Tools for Success: Working with Youth with FAS/FAE in the Juvenile Justice System." In addition, favorites, Dan Dubovsky and Deb Evensen, from the FAS Center for Excellence and Kathy Mitchell from NOFAS will also present.

The cost for this year's Summit will be \$50.00 for the 2-day event, with scholarship opportunities available for parents (birth, adoptive, foster) and educators.

Lissa Rylander at the Alaska Foster Parent Training Center is coordinating the parent scholarship applications. Scholarship applications will be available by mid-December. The deadline for returning scholarship applications is February 2, 2004. Applications will be available online at www.afptc.org. To qualify for these scholarships you must reside in Alaska and be a licensed foster parent willing to care for a child with FASD or an adoptive or parent/relative caregiver of a child with FASD. For information you can contact Lissa at (866) 478-7307.

Scholarships for teachers and school personnel will be coordinated by Todd Brocious, FAS Education Specialist with the Department of Education and Early Development. Applications will be sent to principals at all K-12 public schools, along with registration information during the week of December 15. Applicants must be currently employed by a public school district to apply. Scholarship applications will also be available online at www.eed.state.ak.us/tls/fasd/ or by calling Cynthia LaVigne at (907) 465-2304. ♥



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Neurofeedback—Not a Passing Fad

Can you imagine a learning process that can assist with attention deficit disorder, addiction, depression, fetal alcohol syndrome and learning problems with no drugs or side effects? Imagine also, that improvements in these disorders would last!

Neurofeedback's beginnings started back in the 1960's with an employee of NASA named Barry Sterman. After training cats to exhibit a certain focused brainwave, he made the exciting discovery that when these cats were exposed to jet fuel fumes, they did not get seizures. The cats that did not receive this training did get seizures. From this beginning, neurofeedback has become a versatile treatment, improving everything from symptoms of head injuries to improving an Olympic athlete's score.

The training involves a learning process in which feedback in the form of rewards are given when certain brainwaves, which produce electrical output, reach an optimal level. When these brainwaves become more balanced and regulated, the brain can start the healing process. A stroke patient may learn to walk and talk again. Memory may be improved and IQ has been shown to increase by as much as 20 points.

With the advancement of technology and faster computers, neurofeedback is becoming an effective intervention for a diverse range of medical and psychological conditions.

Schools are beginning to incorporate neurofeedback. Many have discovered that special education students can improve so much that they can often be mainstreamed into regular classes saving the schools critical resources. A ripple effect has been achieved improving the atmosphere in the classrooms with teachers having fewer discipline problems. The atmosphere at home among family members also improves.

The medical profession, managed-care workers, educational professionals and parents should know that neurofeedback is another option.

If you desire more information, the website of one of the first clinics to use neurofeedback, EEG Spectrum has a wealth of information at www.eegspectrum.com. You can also e-mail Vicki Jansen or Jeannette Lawson at their attention training center in Anchorage at brainfocus@alaska.com. ♦

FAQ: What is Person-First Language?

Words and how we use them are critical elements of being able to communicate clearly and accurately. What does it say and how is it interpreted when I say "an FAS child?" What different interpretation is there when I say "a child with FAS?" Working in the disabilities field, specifically with individuals who have a disability resulting from prenatal exposure to alcohol, we work very hard to make sure that the person comes first and the disability second. When we say "FAS kids" or "FAS people" it suggests that a person is their disability and dismisses all of the unique and individual parts of a person that exist outside of their disability.

Person-first language means your word selection should reflect the in-

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dividual first, and the disability second such as “a child with FAS” or “people with FASD.” It is important that all of us working in this field make a special effort to use person-first language and to model that language for others. Having a disability is a big challenge already—being identify as your disability makes the challenge even more difficult

All individuals with disabilities are much more than the sum of their disability—they are sons and daughters, classmates, soccer players, artists, readers, beaders, dancers or a whole list of other things that we ignore if we focus only on the physical disability or in the case of individuals with FASD, the hidden disabilities of the brain. Using person-first language, and consciously seeing the person before the disability will help all of us working in the field of fetal alcohol spectrum disorders to better serve, accommodate and respect the person with the disability. ♦

Cure for Cabin Fever!

While it may only be autumn right now, winter *is* just around the corner and it's not too early to be thinking of ways to combat cabin fever. The dark days and cold temperatures can often leave us feeling cooped-up and closed-in. It can be difficult to motivate ourselves to think of fun activities, let alone venture outside to play in the snow with the kids! However, that's exactly what we need to do when we begin to feel the effects of cabin fever creeping up on us.

Have we got a deal for you . . .

On Presidents Day weekend (February 13, 14, 15 and 16), families from all across Alaska will be gathering in Soldotna to relax, play, create, learn and enjoy one another in an atmosphere of trust and support. FAScinating Families Camp is an annual event sponsored by Volunteers of America and funded through the State Office of FAS. This unique camp is specifically for families who are raising children with Fetal Alcohol Spectrum Disorders (FAS,FAE, etc.). Whether you are raising one child with FASD or a dozen, you and the *whole* family are welcome! We even have travel funds to help get you there!

For the entire weekend you won't have to cook, wash dishes, clean or answer a phone. Respite care (breaks from the kids) will be offered several times a day, as well as workshops for parents, crafts and activities for the kids, and special events the whole family can participate in. Experienced, vigilant and patient staff will be there to keep your kids active, entertained and SAFE. There will be families who have never spoken with another family raising kids with FASD, and there will be families who have met many others and have lots of experience to share. There will be time to ask questions, time to share, and time to just relax – there will even be time for a chair massage if you have any tension in your neck or upper back (*hhhhmmmmm...*)

At this camp...

- ✓ you won't have to make special explanations about your kids' behavior
- ✓ your kids will be the normal ones
- ✓ there will be resources just for you
- ✓ other families will understand your experiences and feelings
- ✓ you can be renewed, refreshed and strengthened as a family
- ✓ you don't have to pay a lot – would you believe it's just \$25 for the whole family? That's right, and we can pay 50% of airfare too!

For more information or to register call Pat Cochran at Volunteers of America at (907) 279-9646 or email her at voa-allstars@voaak.org. ♦





Congratulations to Newly Certified FASD Trainers

- ◆ Racquel Alcain
Fairbanks
- ◆ Patricia Bruce
Anchorage
- ◆ Pat Cochran
Anchorage
- ◆ Vickie Horodyski
Fairbanks
- ◆ Tammy Keech
Anchorage
- ◆ Carolee Kuka Hindin
Anchorage
- ◆ Christy Lawton
Anchorage
- ◆ Barry Levit
Fairbanks
- ◆ Sarah McConnell
Fairbanks
- ◆ Aileen McInnis
Anchorage
- ◆ Janna Smith
Juneau
- ◆ Gloria Stuart
Homer
- ◆ Ardyce Turner
Bethel
- ◆ Sonia Ward
Fairbanks

Continued Success with FASD Training Certification Program!

Fourteen enthusiastic Alaskans spent three days in Anchorage in early October engrossed in learning all about fetal alcohol spectrum disorders (FASD) and the FAS 101 Curriculum. This is the second round of training conducted by the Office of FAS and the UAA Family and Youth Services Training Academy. The group brought a lot of professional and personal knowledge to the training, contributing to the continued success of the program. Overall it was a very exciting and engaging experience for everyone involved.

This was the second FASD training certification program and was held October 8-10th at the University of Alaska Anchorage campus. The fourteen participants selected for this round of training primarily included agency partners, who have been working with the Office of FAS in the ongoing development of this training curriculum. They join the seventeen FASD certified trainers from the first class held in June. The selection process for both trainings was aimed at highlighting diversity, statewide coverage and personal commitment and passion for the issue.

Trainers for the three days were Mary Lou Canney, Heidi Brocious, and Eileen Lally. Thank you to everyone who made this an educational and memorable training. Your time and energy is an invaluable asset to the success of FAS awareness and education in the State of Alaska.

In total there are now thirty-four certified FAS 101 trainers available to provide ongoing training to service providers and others interested in learning more about FASD and the impact prenatal exposure to alcohol has on the developing fetus, especially the brain. A new section is now on our website that lists all certified trainers and provides information on when and where trainings are scheduled, as well as information on how to schedule training in your community. For more information call Jennifer Pendergraft at (877) 393-2287. ♦♦

Reflections from FAS 101

By Pat Cochran, Volunteers of America

Thanks to the Office of FAS and the committed group of individuals involved in the training of trainers, another class of Certified FAS 101 trainers is ready to provide training about FASD to people throughout our state. As one of those who completed this last course let me tell you, I am EXCITED!

Not only is it wonderful to have the tools and knowledge to deliver a consistent and standardized curriculum on FASD, it is exciting to think of the potential ripple effects that will come from teaching the course. We really are ahead of the rest of our nation here in Alaska, and other states are watching as we set the standards for diagnosis, services, and prevention. This places us on the cutting edge in what we are doing and learning – what an awesome process to be a part of!

I am also inspired and challenged to remain up to date in my knowledge and information. I know that the funding our state has received over the last years will eventually dry up. However through thoughtful training/certification measures such as this we are positioning ourselves to sustain the momentum we have gained regarding FASD. That's

really what sustainability is about. What can each of us offer in the future to make sure people still receive accurate, current information? How will we reach out to our communities, our youth, our future mothers and fathers to help prevent the occurrence of FASD?

I am a preventionist. I believe that we do not have to slip back to square one when the money is gone. We have the tools and skills to continue our efforts and weave them into the networks each of us has in our lives, so that we infuse our worlds with pro-active thinking and actions. I am also a possibility-thinker. Just imagine the positive changes that can be made in our systems if each of us is willing to go the extra mile, take the risk to speak, and model the compassionate acceptance every person deserves.

You can start now by contacting the Office of FAS to locate a trainer in your area. Schedule training where you work, at your church, at your community council, or even just among the folks you steam with! Be a part of the ripple... ♦♦

First Graduation for Family CARE Court

"Breathe.... the mantra of the day for me as the three o'clock hour approached for the first graduates, "the pioneers", of the Family CARE Court. As I watched people slowly trickle in and take their seats there was a perceptible sense of excitement in the air. Family, friends, treatment providers, probation officers, and a few state officials all sitting in one courtroom, sometimes side by side in a courtroom usually reserved for proceedings of serious import. Well, this is a serious event. Perfect."

Muriel Kronowitz, Family CARE Court Case Manager

On September 23, 2003 the Family CARE Court (FCC) held its' first graduation with five participants; four women and one man. Just one year ago FCC "went on record" as a new therapeutic court in Anchorage, serving parents with substance abuse problems who have entered the state's child protection system. It was a year of growth for the team of people who worked together, determined to succeed. There were times of faltering; regaining balance; and focusing on the collective mission—to safely reunite children with sober parents.

Even though the program is only a year old, the graduation of five sober, healthy and determined parents, is proof this type of intensive intervention can work. Initial data shows that four of five parents have had their children returned (4 children); all parents have been clean and sober 11 months or more; all five are living independently; two are employed full time, one awaits entry into job corps; and the Office of Children's Services has closed two cases and is about to close a third.

As with any fledgling project and the people who have dedicated themselves to making it work, times of change, such as graduation provide a mix of emotions. "There is so much irony in the "letting go" at graduation time. Like fretting parents who ultimately know that their life work is to prepare their children to safely fly away and wanting to know all will be well with them when they do. Have we done all that we could? Will they make it without us?" said Muriel Kronowitz, FCC Coordinator.

Congratulations to Muriel Kronowitz and the other team members for a very successful first year. This small group of five parents are true "pioneers", and they have paved the way for other parents to become healthy sober parents as FCC moves into its' second year. ♦♦



Family CARE Court graduates, staff and supporters.

Spotlight on FAS Innovative Grantees

Yupiit School District



Akiak kids taking a break after school.

The Yupiit School District, in conjunction with a number of community partners have developed an innovative prevention project to work with teens on developing healthy lifestyles. The goals of Umyuartaayaaraq are to create within a Yup'ik context, an atmosphere of opportunity and joy for the children and youth of Akiak where the use of alcohol, tobacco, other drugs and early sexual activity will be decreased or delayed. To improve the quality of life for Akiak's children and their families, and to increase positive factors and build assets in the community through partnerships between community-based agencies and organizations by focusing on the decrease in the use of alcohol, tobacco and other drugs especially among the children and youth. This year they are focusing on increased awareness of FASD, improvement of delivery of services and a sustainable system change.

They accomplish this through before and after school programs, a teen center and weekly healthful living groups in which age appropriate

prevention activities are delivered to three age groups by the Teen Prevention Team. The prevention team, which consists of six Jr. and Sr. High School students, is trained in a variety of health topics and presentation techniques several times during the year. Their favorite training and "perk" for volunteering is their annual weeklong field trip to Anchorage for training at the Alaska Native Health Board offices and Alaska Native Medical Center's Traditional Healing Program.

Umyuartaayaaraq is a partnership between the Native Community of Akiak, Yupiit School District and the Alaska Native Health Board and is funded through local fundraising, Yupiit School District, the Department of Behavioral Health's Offices of Fetal Alcohol and Community Based Suicide Prevention. For further information contact April Quisenberry Pruitt, Coordinator, apruitt@fc.yupiit.org or (907) 765-4629.

Bethel Community Services

Bethel Community Services continues to build and plan their new program for youth with FASD and their families. The goals of the program are to increase life, social and job skills for youth and young adults with FASD, and to provide support, training and advocacy for the families of these individuals. Program Manager Scott Sidell has

been seen all over town giving presentations and encouraging parents, foster parents, social workers and anyone else he can corner to enroll young people with FASD in the program. Advocacy and training continues, with Scott busy attending IEP meetings and helping parents advocate for their children with FASD. Many have already signed up and more are coming.

The new program will be housed in the BCS Resource Center, the home of the after-school and special activities program, where renovation is almost complete. The Resource Center will include a well-equipped wood shop, sewing room, art and craft studio, computers and Internet access, a kitchen and dining/meeting area, and a social room for events and fun activities. The after-school program should be up and running by December 1st. The program has been titled Ikayuqluci, a Yup'ik work meaning "helping each other," a perfect description for the program. For more information about Ikayuqluci, contact Scott Sidell, Program Manager at (907) 543-2840 or ssidell@bcs-alaska.org. ❖

FAS Community Team Highlights

In 2001, the Mat-Su FASD Multidisciplinary Community Resource Team began a year-long community readiness effort, to plant the seeds for developing a FASD diagnostic team to serve the Mat-Su service area. In January 2002 they were selected through a competitive process to become a member of the growing FASD Community Diagnostic Team Network and traveled to Seattle for the 3-day diagnostic training in February 2002. The Diagnostic Team and their Community Advisory Board are committed to educating the public about FASD and the fact that it is 100% preventable. The Advisory Board organizes monthly training for Mat-Su community and service providers, including their October presentation of "Power is Knowledge" developed by the Stone Soup Group. Team members go to Mat-Su Recovery on a monthly schedule to do presentations for the teens, Co-Ed and women's groups. In addition, two team members provide training to Youth Court participants on one Saturday a month and in the coming months their educational efforts will be focused on the schools.

The work of the Diagnostic Team, through the auspices of Mat-Su Services for Children and Adults, includes monthly diagnostic clinics, serving ages 3-18 as their priority, but will consider other ages on a case-by-case basis. The current wait list from time of referral to diagnosis is approximately 2-months. To assist in enhancing the work of their Parent Navigator's the Team has received a one year grant from United Way to provide ongoing Parent Navigator training.

Current members of the diagnostic team include Dr. Milton Lum, Pediatrician; Kim Bergey, Early Childhood Development Specialist; Dorothy Erickson, Disabilities Specialist; Sandy Lane and Gail Henderson, Social Workers; Roxana Sawyer and Cathy Petrie, Parent Navigators; Beth Shales, Registered Nurse; Mary Thompson and Alisa Elliott, Occupational Therapists; and Teresa Sprague, Team Coordinator. For information about the Mat-Su FASD Multidisciplinary Community Resource Team contact Teresa at (907) 352-1200. ❖

New Staff Join Office of FAS



In October, the DBH Office of FAS hired two new staff to join in Alaska's FAS Project! We are very please to announce the addition of Marilyn Irwin as our new Community Coordinator (replacing Heidi Brocious) and Jennifer Pendergraft as our new Project Assistant. Many of you may know and have worked with Marilyn, as the Community Prevention Services project coordinator for the DHSS, Division of Alcoholism and Drug Abuse for the past five years. She is a passionate advocate for community-based prevention programming and has worked with communities across Alaska helping with community readiness, program development and integrating prevention activities into all aspects of their substance abuse programming.

Jennifer Pendergraft has recently returned to Alaska after a year in New Orleans working for the National D-Day Museum coordinating federal and state grant applications, activity coordination and administration of operations. Prior to leaving Alaska she worked for Governor Tony Knowles as an Executive Assistant, facilitating and planning public meetings, coordinating public outreach activities and providing a variety of support services to the Governor and his staff.

We welcome both Marilyn and Jennifer to the Office of FAS and look forward to having them meet all of the great people across the state dedicated to Alaska's FAS Project!

News from FAS Grantees

◆**REACH** in Juneau has hired Bonnie Thompson as the new FASD Program Specialist to develop and manage their Innovative grant focusing on providing case management to individuals with disabilities related to prenatal exposure to alcohol. As a long-time Juvenile Probation Officer, she comes with a wealth of experience working with clients and families impacted by FASD and is an active member of the Juneau FASD Diagnostic Team Advisory Board. You can reach Bonnie at (907) 586-8228. Welcome aboard!



◆The much anticipated prevention curriculum, being developed by **RurAL CAP**, is at the printers as we go to press! "Early Decisions: Addressing Alcohol and its Effects on the Unborn Child," will be available for distribution very soon. The curriculum is geared to middle and high-school-aged students, to provide them with factual information about the dangers of drinking alcohol during pregnancy, giving them good information and skills to prevent future alcohol affected births. The curriculum integrates science, health and social studies into five teaching units. These teaching units will include lesson plans, activities, supplemental activities, overheads, PowerPoint presentations, additional resources, and a 14 minute video. This curriculum has been a labor of love, with

many contributors and intensive field-testing at the end of last school year. To order the curriculum go to www.earlydecisions.org. The curriculum is free to Alaska residents and is \$75.00 for non-Alaska residents.

◆This summer the **Copper Basin's FASD team** sponsored two three-day overnight camps for families and clients of the team. Camps were held at the Hudson Lake Treatment camp. They had volunteers from each community the campers were from as well as family members who came to enjoy a relaxed time with their children. They also had a volunteer from the National Park Service. Activities included crafts, stories, horse back riding, boating, fishing, cooking and preparing traditional foods. It was a great success with campers and volunteers both requesting that they do it again this winter. Prior to the campers going to Hudson Lake they held a one-day Cultural Camp at the Tazlina Hall where elders from the area shared food preparation, crafts and stories. At the end of each camp, campers were taken to the Hudson Lake Fish camp on the Copper River to see the fish wheels in operation and to hear how fish is smoked. Another highlight for this project is the success of the Riding on Wings Therapeutic Horse Program. The children who are attending this program are showing improvement at school and at home. CRNA is working hard to help this program become self supporting by getting their charting into shape so they can tap into Medicaid payments for this as well as other services they are providing.

◆**Frontier Community Services FAS Program** is sponsoring a training with guest presenter Carolyn Hartness, international educator and consultant on January 26-27 at the Kenai Visitors & Cultural Center. The training, *FASD and 7 Generations: Healing the Past and Future of our Communities*, will be held from 9 AM to 5 PM both days. Carolyn is Eastern Band Cherokee and Northeygian. She is Project Specialist with the Norththeyst Portland Area Indian Health Board, identifying issues relating to FAS with tribes in Oregon, Idaho and Washington and assisting them in creating models for prevention and intervention. She also works with the Governor's Office of Indian Affairs as a project specialist assisting tribes in the state of Washington around substance abuse issues. For more information or to register call (907)

262-6331 ex. 229.

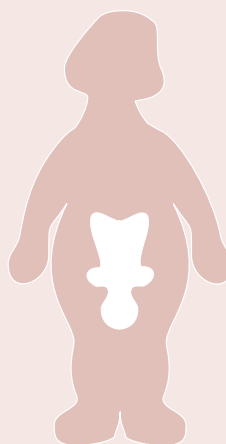
◆ **FAS 101, the new state curriculum**, is being actively used in Kodiak, with enthusiastic response! This fall Elaine Loomis Olsen, Providence Kodiak Island Medical Center Social Worker and Nancy Wells, former Kodiak FAS Diagnostic Team Coordinator gave two 3-hour presentations at Kodiak College. Both Elaine and Nancy are Certified Trainers. Fifteen participants attended the training. The Kodiak College Nursing program has requested another presentation specifically for the nursing students before the end of the semester and training for the hospital nursing staff will be scheduled for early 2004. Great job Elaine and Nancy!

◆ On September 25-26, the Office of FAS held its annual **Innovative Grantee meeting**, providing a time for grantees from across the state to meet, network and receive training together. Andrea Thomas from SEARHC in Sitka provided a ½-day training on using the Logic Model evaluation tool. While most people frown and sigh when talking about evaluation, Andrea made the training fun and very informative—thanks for making evaluation painless! In addition, this meeting provided an opportunity for each participant to give an overview about their individual project, sharing their successes and challenges at introducing FASD into their community.

◆ A reminder to all parents and caregivers of children, youth and adults with FASD—a toll-free support line, sponsored by **the Stone Soup Group**, is available to answer your questions at (877) 786-7327. Also available is a how-to manual for starting a family support group in your community. For up-to-date information visit the FAS Parent Support website at www.stonesoupgroup.org/fas. ♦



Grantees from across the state meet at the Innovative Grantee meeting in September.



International FAS Awareness Day Celebrated Across the State

This year marked the fifth annual recognition of International FAS Awareness Day—September 9, 2003. The state of Alaska has participated in FAS

Day activities each and every year, but this year Alaska's efforts were amazing! Involvement and activities aimed at educating people about fetal alcohol syndrome and the dangers of drinking alcohol during pregnancy spread across the state like a huge web from Barrow to Nome to Copper Center to Haines to Ketchikan to Wrangell and beyond! Mayoral proclamations, drumming and bell ringing, newspaper articles, radio shows, TV news spots, health fairs are just a small example of the outreach that occurred. A number of restaurants and bars participated by using beverage napkins with the slogan: During Pregnancy: No Alcohol...Not Even a Drop and offered free non-alcoholic beverages to all pregnant women throughout the day.

A big thank you to Jessica Cochran and Steve Heimel of the Alaska Public Radio Network for highlighting FASD on their weekly 1-hour statewide call-in show Talk of Alaska. The show included guests Diane Casto, DBH Office of FAS; Darlene Boskoffsky, Salvation Army FASD MI Project; Jasmine Nelson and Gigi Pilcher, Ketchikan FASD Diagnostic Team; and a phone interview with Senator Lisa Murkowski in Washington, D.C.

We want to also thank Senator Murkowski for taking the lead on the national level and introducing Senate Resolution 220, designating the 9th day of September each year as "National Fetal Alcohol Syndrome Awareness Day."

We all know that true systems change occurs at the community and individual level and we thank all of our community partners for their commitment to educating Alaskan's about the dangers of alcohol during pregnancy and the need for improved services to meet the needs of those individuals and families already impacted by these disabilities. Together we can prevention FASD! ♦

Seventeen New FAS Innovative Grants Awarded for FY04

The Office of FAS issued a second Request for Proposals, soliciting new community-based innovative projects for FY04. Our first solicitation did not receive enough proposals to expend the money set aside for these projects, so a second solicitation occurred this summer. This time 31 proposals were received, with money available to fund 16 proposals at full funding and one proposal at partial funding. In an effort to expand our reach across the state, and to encourage smaller more rural organizations to apply for these funds, extra points were available to all agencies applying for the first time, and who represented a community not currently receiving FAS grant funds from our office. A summary of the new projects are listed in the spreadsheet below.

<i>Innovative Community Grants: Category 1, Grants less than \$10,000</i>			
Prevention	Alaska Youth and Parent Foundation Anchorage Contact Person: Jennifer Jones (907) 274-6541	\$9,999	This proposal will provide peer outreach and education to Anchorage area youth, with the goal of educating them about the dangers of alcohol during pregnancy.
Prevention	Covenant House Alaska Anchorage Contact Person: Tim Weiss (907) 339-44-4	\$9,999	This project will incorporate FASD education, information and outreach into existing programs reaching extremely high-risk adolescents in Anchorage, living on the streets with limited resources and supports.
Improve Services	Department of Corrections Statewide Contact Person: Keith Thayer (907) 269-7367	\$9,999	This project will use funds to train all probation officers statewide on FASD. The proposal outlines a strategy of initial FAS 101 training with a more extensive training to follow in the second year.
Prevention	Juneau Family Birth Center Juneau Contact Person: Brittany Kasselder (907) 586-1203 ex. 104	\$9,999	This project will incorporate FASD prevention information into their existing Healthy Pregnancy Project. Services will be provided to all women with a special focus on women at risk for substance abuse during their pregnancy.
Prevention	Kiana Traditional Council, Native Village of Kiana Kiana Contact Person: Jeanne Gerhardt-Cyrus (907) 475-2196	\$9,999	This project will provide education and prevention outreach to all pregnant women. Women will be encouraged to have healthy pregnancies through education, home visits and traditional cultural supports.
At Risk Women	Sitkans Against Family Violence Sitka Contact Person: Amanda O'Neal (907) 747-3370	\$9,944	This project will provide prevention education and information for all Shelter residents and others utilizing agency services, as well as making community presentations on FASD. It will also provide a resource space for information of FASD.
Improve Services	Women in Safe Homes (WISH) Ketchikan Contact Person: Debbie Fredrickson (907) 225-9474	\$9,999	This project is designed to provide services to children who are temporarily housed in the shelter or from the community who see services with this agency. The WISH children's program seeks to extend services to children who have or are suspected to have FASD. The grant will provide both respite care for parents of affected children and specific programs for these children such as Brain Gym.

<i>Innovative Community Grants: Category 2, Grants Between \$10,000 and \$50,000</i>			
Improve Services	Anchorage School District Anchorage Contact Person: Dean Konopasek (907) 742-6111	\$19,068	The purpose of this proposal is to develop educational programs for youth with FASD and to develop a teaching module that can be used as a model in all classrooms.
Prevention	Department of Corrections Anchorage Contact Person: Keith Thayer (907) 269-7367	\$50,000	This project will use funds to purchase equipment and materials to incorporate FASD awareness into existing probation/parole services, utilizing time spent in the waiting rooms across the state.
At Risk Women	Advocates for Victims of Violence Valdez Contact Person: Becky Usry (907) 835-2980	\$50,000	This project will fund five women's support groups/ education classes with FASD as the focus. Groups will be held once a week, with an overall attempt at healthier outcomes for women and children.
Prevention	Kuskokwim Native Assoc. Community Counseling Center Aniak Contact Person: Lisa Siavelis (907) 675-4445	\$50,000	This project will incorporate FASD services into existing programs and add a half-time Prevention and Intervention Coordinator to their programming. The FASD services will primarily consist of parenting classes and prevention education, and will use Motivational Interviewing to help facilitate greater participant involvement.
Improve Services	Railbelt Mental Health Nenana Contact Person: Kat McElroy (907) 832-5557	\$50,000	This proposal will integrate FASD intervention, prevention and services into existing agency services. Railbelt also intends to add a half-time FASD coordinator to meet the needs of the Nenana catchment area.
Improve Services	Fairbanks Resource Agency Fairbanks Contact Person: Emily Ennis (907) 456-8901	\$50,000	These funds will be used to enhance parenting classes, support/case management programs and respite services for families with individuals impacted by FASD.
Prevention	REACH Haines Contact Person: Bobbi Figdor (907) 766-2750	\$48,860	This proposal seeks to increase FASD prevention and education services throughout the Haines service area, through outreach and partnering with existing area services.
Prevention	Juneau Family Birth Center Juneau Contact Person: Brittany Kasselder (907) 586-1203 ex. 104	\$50,000	This proposal seeks to add FASD prevention services to its existing programs and increase its intervention programs for <i>young families</i> . It proposed using Motivational Interviewing techniques and intensive paraprofessional services to increase positive program outcomes.
Prevention	Planned Parenthood of Alaska Juneau, Sitka, Soldotna, Fairbanks, Anchorage Contact Person: Katherine Davey (907) 321-7526	\$24,000	This project will incorporate FASD information into their existing health curriculum education program, offered through schools for middle and high school ages. They will accomplish this by increasing staff awareness and including appropriate FASD prevention information in their lesson plans.
Improve Services	Resource Center for Parents and Children Fairbanks Contact Person: Ruth Prokopowich (907) 456-2866	\$24,700	This project is intended to supplement and enhance existing FASD services in the Fairbanks North Star Borough, through improved Parent Navigator services. This project will train, support and compensate the activities of four (4) Parent Navigator's in the work they do with families dealing with issues related to FASD—before, during and following a diagnosis for their child.

December

- 1–4 Alaska Health Summit 2003. Anchorage Sheraton Hotel. For information contact Marie J. Lavigne at (866) 332-1030 or www.alaskapublichealth.org.
- 1–5 Alaska Native Indian Child Welfare Act Conference. Anchorage Hilton Hotel. For information contact Gloria Kate Gorman, BIA Social Services, (800) 645-8397.
- 8–12 The Rural Behavioral Health Conference (formerly known as the Rural Mental Health Conference). Holiday Inn, Anchorage. For information go to www.hss.state.ak.us/dbh/dir/conference.htm.

January

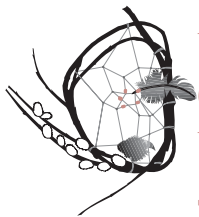
- 26–27 FASD and 7 Generations: Healing the Past and Future of our Communities. Kenai Visitors & Cultural Center. Sponsored by Frontier Community Services FAS Program. For information (907) 262-6331 ex. 229.

February

- 21–27 Annual Alaska Statewide Special Education Conference, Building Excellence and Excitement. Sheraton Hotel, Anchorage. For information see www.assec.org.

March

- 8–9 Traumatic Brain Injury—The New Frontier. Anchorage. For information call (907) 269-3600.
- 9–10 FAS Summit 2004—Sustaining Hope: Building Capacity. Egan Center, Anchorage. For information call (877) 393-2287 or www.hss.state.ak.us/fas.



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